

## CLAIMS

What is claimed is:

1. A compact back maintenance device comprising:
  - (a) a brush head, said brush head having a first side, a second side, and a storage cavity, said storage cavity between said first side and said second side, said first side supporting an abrasive element;
  - (b) a variable length handle, said variable length handle having a first end and a second end, said first end secured to said brush head, said variable length handle both extendible from and retractable into said storage cavity, said variable length handle forming a rigid structure when extended, said variable length handle no longer than said brush head when retracted; and
  - (c) a grip, said grip attached to said second end of said handle.
2. The compact back maintenance device of claim 1 wherein said variable length handle is at least two fixed length tubular members slidably disposed and telescoping.
3. The compact back maintenance device of claim 1 wherein said variable length handle is a coiled member slidably disposed and telescoping.
4. The compact back maintenance device of claim 1 wherein said abrasive element is a plurality of bristles.
5. The compact back maintenance device of claim 1 wherein said abrasive element is a sponge.
6. The compact back maintenance device of claim 1 wherein said abrasive element is a luffa.
7. The back maintenance device as in one of claims 1-6 further comprising a first cover, said first cover providing a protective cover for said abrasive element.
8. The compact back maintenance device of claim 1 further comprising a first cover, said first

cover having a plurality of vent holes, said first cover providing a protective cover for said abrasive element.

9. A compact back maintenance device comprising:

(a) a brush head, said brush head having a first side, a second side, and a storage cavity, said storage cavity between said first side and said second side, said first side supporting an abrasive element, said second side supporting a second abrasive element;

(b) a variable length handle, said variable length handle having a first end and a second end, said first end secured to said brush head, said variable length handle both extendible from and retractable into said storage cavity, said variable length handle forming a rigid structure when extended, said variable length handle no longer than said brush head when retracted; and

(c) a grip, said grip attached to said second end of said handle.

10. The compact back maintenance device of claim 9 wherein said variable length handle is at least two fixed length tubular members slidably disposed and telescoping.

11. The compact back maintenance device of claim 9 wherein said variable length handle is a coiled member slidably disposed and telescoping.

12. The compact back maintenance device of claim 9 wherein said first abrasive element is a plurality of bristles and said second abrasive element is a sponge.

13. The compact back maintenance device as in one of claims 9-12 further comprising a first cover and a second cover, said first cover protecting said first abrasive element, said second cover protecting said second abrasive element.

14. The compact back maintenance device of claim 9 further comprising a first cover and a second cover, said first cover having a plurality of vent holes, said first cover protecting said first abrasive

element, said second cover having a plurality of vent holes, said second cover protecting said second abrasive element.

TECHNICAL FIELD